



UNC
HEALTH CARE

well



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health care providers
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LEADING. TEACHING. CARING. | SUMMER 2011

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A Welcoming Place for Children

Having surgery is never a pleasant experience, and it can cause a bit of anxiety for both the patient and his or her family. When that patient is a child, emotions tend to be even higher. Everyone involved in that child's care hopes to make the experience as easy as possible.

In the Spring issue, we briefly mentioned some changes that were being made to the pediatric surgery unit and how those changes were designed to be kid-friendly and create a welcoming place where children could feel reassured. In this



Brightly colored murals help put 9-year-old patient Oxlee Rodriguez at ease.

issue, we take an even closer look at the pediatric surgery unit through the eyes of a longtime patient and his family. You can read about 9-year-old Oxlee Rodriguez's extraordinary journey of living with a condition that will affect him his entire life and how he and his family deal with the surgeries he requires every few months.

On page 12, a registered dietitian at UNC Health Care helps us tackle the topic of healthy salads and nutrition. It's hard to believe that salad could ever be considered an unhealthy choice, but you could be sabotaging your own healthy-eating efforts and not even be aware of it. In light of the recent release of the revised

governmental food guidelines, many people may be trying to figure out what has changed from the well-known food pyramid. The new plate graphic shows that half of your meal should be vegetables and fruits. This article could help you meet those guidelines and make good choices for you and your family.

Please continue to send us your thoughts about *Well* and your ideas for future issues. You can also sign up for a free subscription by visiting www.unchealthcare.org and clicking "Well magazine."

Kind regards,
Well editorial team
UNC Health Care

Keep the Comments Coming!

Let us know what you think of *Well* magazine. Send your comments or questions to Jennifer Breedlove at publications@unch.unc.edu.

On the Cover: Photo courtesy of Heather Lauffer for Tamara Lackey Photography.

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UNC Health Care Researcher Recognized

The 6th annual Society for Women's Health Research (SWHR) Medtronic Prize for Scientific Contributions to Women's Health was presented to Denniz Zolnoun, MD, associate professor of obstetrics and gynecology at the UNC School of Medicine.

Dr. Zolnoun is a celebrated researcher at UNC Health Care specializing in women and gynecological pain and is the director of the Vulvar Pain Clinic. Her area of research is pain mechanism, especially gynecological pelvic pain. Persistent pain affects millions of women, but little is known about it. Dr. Zolnoun discovered that sensory nerves, perception and dysfunction are well-described and traced in men but not in women. She now strives to identify how sex differences affect sensory nerves to help determine the cause of women's pelvic pain.

The SWHR Medtronic Prize is given to a female scientist in her early to mid-career who has devoted a significant part of her work to sex-differences research and has served as a role model and mentor for both colleagues and students.



Denniz Zolnoun, MD, associate professor of obstetrics and gynecology



New Hospital Rankings Announced

In the new *U.S. News & World Report* metropolitan Best Hospitals rankings, UNC Hospitals ranked second of 18 hospitals listed for the Raleigh-Durham area, which includes Cary and Chapel Hill. Rex Hospital, part of the UNC Health Care system, ranked fifth overall in the region.

The UNC programs for Diabetes and Endocrinology, Kidney Disorders, Orthopaedics, Pulmonology, and Urology are all designated as high-performing specialties. These groups joined the nationally ranked Cancer; Ear, Nose and Throat; Gastroenterology; and Gynecology to help UNC achieve excellence in the metro ranking.

Patient Satisfaction Scores Place UNC Health Care at the Top



UNC Hospitals ranked No. 1 among Triangle hospitals in all 10 categories of the latest Hospital Consumer Assessment of Healthcare Provider Systems (HCAHPS) survey. HCAHPS is a 27-question standardized survey that measures patients' satisfaction and gathers feedback about their hospital experiences. All results are publicly reported at www.hospitalcompare.hhs.gov.

Helping Students Explore Health Care Careers

UNC Health Care takes part in positively influencing thousands of North Carolina's youths.



UNC School of Medicine student Sarah Paraghamian (center) leads students in the Health Professions Recruitment and Exposure Program through a station in the gross anatomy lab.

As the state's teaching hospital, UNC Health Care helps develop future generations of health care providers. While new medical students arrive at the UNC School of Medicine's Chapel Hill campus each year, younger students in middle school and high school are still trying to figure out what their career options are and what they might like to do in the future.

The largest gathering in the state of students who are interested in health care is the North Carolina Health Occupations Student Association's (HOSA) annual state conference. In March, more than 2,000 high school and college students visited Greensboro to participate in interactive activities and skills competitions and to meet with health professionals like those from UNC.

"While some students know exactly what they want to do, others need a

bit more information," says Tom Hartley, RN, MSN, with UNC's Ambulatory Care Department. Hartley was one of seven UNC Health Care employees from a variety of disciplines who attended the conference. "Events like this provide students the chance to pick our brains about what's available beyond being a physician or nurse."

A smaller but similar program designed to help students is the Health Professions Recruitment and Exposure Program (HPREP). HPREP is designed to provide opportunities for high school students to interact with medical students, faculty and health professionals and is coordinated by the Student National Medical Association chapter at the UNC School of Medicine.

"There are so many directions teenagers can go," says Angie Johnson, HPREP co-coordinator and UNC School of Medicine student. "They just need someone who can help them grab on to their dreams."

UNC Health Care works throughout the year to connect with students who are interested in health care. In June, UNC hosts the National Youth Leadership Forum on Medicine, and the Volunteer Association holds an annual Health Careers Symposium each fall. ■

See Education in Action

Watch videos about UNC Health Care's involvement with these student events. Visit www.youtube.com/uncmedicine.



Radio City Rockettes Visit Children's Hospital

Recently, patients and their families at N.C. Children's Hospital had the opportunity to meet some of the Radio City Rockettes. Three of the dancers have North Carolina ties, so the visit had a very personal touch for both the patients and the visitors.



PHOTOS: PAUL BRALEY

"The children loved getting a chance to meet the dancers and see their costumes," says Crystal Hinson Miller, vice president of The Medical Foundation of North Carolina.

Wilmington native Alison Paterson, who has been a part of the cast for eight years, enjoys the experience of being part of the Rockettes. Visiting hospitals and other events is an added bonus to being able to perform with an organization with the history and legacy as well known as the Radio City Rockettes.

"We can't wait for the Rockettes' return this fall," adds Hinson Miller, "and to see them in the kick line to support the Children's Hospital."

Radio City Rockettes (from left) Alison, Samantha, Summer and Christina visited N.C. Children's Hospital this spring.



Save the Date

The Radio City Christmas Spectacular starring the Rockettes comes to Durham for the first time Nov. 10-17 at the Durham Performing Arts Center (DPAC). Tickets are available at www.dpacnc.com.



The Radio City Rockettes and News 14 Carolina invite you to

Kick It for the Kids of N.C. Children's Hospital



Join the Kick Line

Upload a photo or video of you or your friends doing a kick line to your fundraising page. The best and most creative kick line wins a pair of tickets.

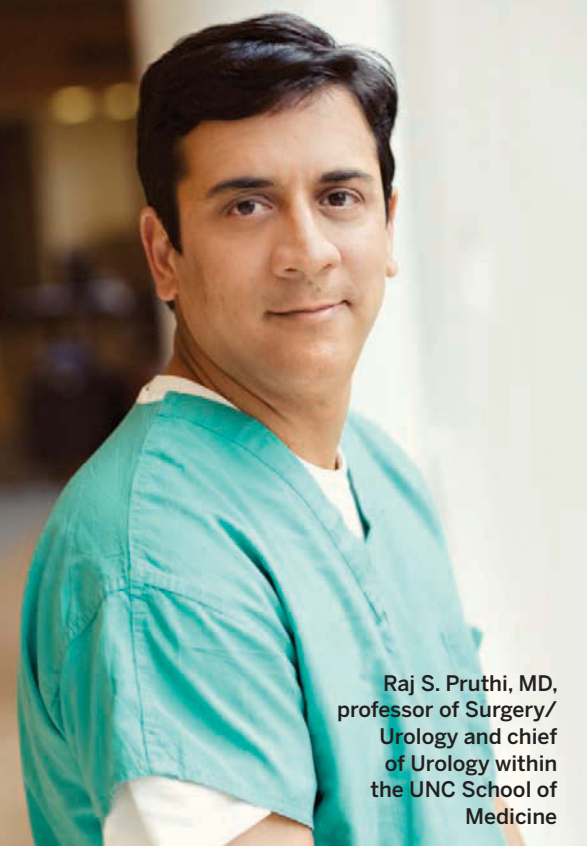
Start Your Fundraising Page Today!

Visit www.ncchildrenspromise.org and click "Kick It for the Kids" to create your fundraising page. Top fundraisers have the chance to win a four-pack of tickets plus a meet-and-greet before the show or even a chance to dance in the kick line with the Rockettes at N.C. Children's Hospital in November. The top 10 runners-up win a pair of tickets.

News 14 Carolina and N.C. Children's Hospital are offering you a chance to win tickets to see the Radio City Rockettes Christmas Spectacular, starring the world-famous Rockettes, as part of the Kick It for the Kids fundraising campaign.



All proceeds benefit N.C. Children's Hospital. For full contest rules, visit www.ncchildrenspromise.org.



Raj S. Pruthi, MD,
professor of Surgery/
Urology and chief
of Urology within
the UNC School of
Medicine

Prostate Protection

Explore what goes into a renowned, well-rounded approach to cancer care.

BY STEPHEN WERK

THE MOMENT JOE CALCUTT, a 54-year-old health care executive from Wilmington, N.C., walked into UNC Hospitals for treatment of his prostate cancer, he knew he was in good hands.

“You could just sense the caring from everybody,” says Joe. “Everyone—all the physicians, nurses and other specialists—gave me comfort that they really cared about me.”

His treatment included advanced, robotic cancer surgery, a minimally invasive procedure, which precisely removed his prostate with a small area of cancer and had him back at work within two weeks.

While prostate cancer is the second leading cause of cancer deaths in the United States, treatment is highly successful for patients, such as Joe, whose disease is diagnosed early.

“I had an optimal result with no side effects,” Joe says about his surgery more than two years ago. “It was a world-class blend of high touch and high tech.”

Joe’s positive clinical outcome and care experience are rooted in UNC Health Care’s nationally recognized team approach to prostate cancer care and its diverse range of effective, leading-edge treatments.

Precise Diagnosis and Treatment

Prostate cancer treatment primarily involves three physician specialties: radiation oncology, urologic surgery and medical oncology. Traditionally, however, interaction and collaboration among the specialties have been limited.

Each prostate cancer patient seen at UNC Health Care gains the peace of mind that a comprehensive medical

team—representing all three cancer physician specialties as well as pathology, radiology and other health care disciplines—closely assesses diagnosis and reviews treatment every step of the way.

“We’re committed to providing the very best cancer care possible,” says Raj S. Pruthi, MD, professor of Surgery/Urology and chief of Urology within the UNC School of Medicine. “By bringing together the brightest minds from many specialties and disciplines, we ensure that all treatment options are considered to deliver the best care experience and result for each patient.”

A recent study led by Dr. Pruthi, published in the journal *Urologic Oncology*, confirmed that UNC Hospitals’ team-oriented care approach benefits urology cancer patients by providing more precise diagnosis and more comprehensive treatment recommendations. Remarkably, the study found that the initial diagnosis or treatment course was changed for almost 65 percent of 269 urology cancer patients who came to UNC Hospitals for a second opinion.

“Our collaborative approach drives innovation because we explore how therapies and treatments within different physician specialties can be used in conjunction to improve outcomes, and we bring to bear all the latest findings in clinical research,” says Young E. Whang, MD, PhD, associate professor of medicine and medical oncologist at the UNC Lineberger Comprehensive Cancer Center.

A multidisciplinary commitment to prostate cancer care also helps each patient fully assess the quality-of-life impacts of all appropriate treatments, says Ronald Chen, MD, assistant professor within UNC Hospitals’ Department of Radiation Oncology.

“Each treatment option influences patients’ lives and lifestyles in different ways,” Dr. Chen explains. “By including the viewpoints and knowledge of many health care professionals, all of whom specialize in the treatment of prostate cancer, we can make sure that patients are fully educated on all the choices and their potential quality-of-life effects.”

In most cases, radiation therapy and surgery are utilized for early- and intermediate-stage prostate cancer, and medical oncology treatment, such as hormone injections and chemotherapy (drugs), is used for more advanced stages. At UNC Health Care, medical oncologists are involved at the outset of each patient’s care, which expands the spectrum of treatment options and ensures the most thorough approach to cancer care.

“It’s also important to note that, in many cases, the best course is no treatment at all,” Dr. Pruthi says. “We often rely on a process of highly attentive patient monitoring called ‘active surveillance.’ A significant number of our active surveillance patients never receive any type of direct cancer treatment. For early-stage patients, this may be an important option to consider, because some early cancer may never become life-threatening. Active surveillance, therefore, may be a way to avoid the side effects of treatment.”

Effective Radiation Therapies

“The radiation therapies available at UNC Health Care utilize the latest technologies that are extremely accurate and precise in delivering treatment exactly where it is needed, which improves cure while minimizing damage to healthy tissue and significantly reducing side effects,” says Dr. Chen. “UNC is truly unique in our ability to care for prostate cancer patients because many of these technologies are not available elsewhere.”

Radiation therapies include intensity modulated radiation therapy (IMRT), Calypso, CyberKnife and brachytherapy.

Early Detection Leads to Best Results

Prostate cancer occurs when cells in the prostate—a gland in the male reproductive system—grow and multiply, sometimes damaging surrounding tissue and spreading to other parts of the body.

More than 32,000 Americans and nearly 1,000 North Carolinians die of prostate cancer each year, according to the American Cancer Society (ACS).

Treatment of prostate cancer is highly effective, however, if the disease is discovered early. Screening tests have proved to be valuable in detection. The ACS recommends screening be considered at age 50 for men at average risk of acquiring the disease, and at younger ages for those in high-risk categories.

Check with your doctor to assess your individual risk, and learn about the possible symptoms of prostate cancer.

FREE Prostate Cancer Screening

In recognition of National Prostate Cancer Awareness Week, Sept. 18–24, 2011, the UNC Urology Clinic is offering free prostate cancer screening tests (blood tests and manual exams) from 1 to 7 p.m. on Sept. 21 and 22. The clinic is on the second floor of N.C. Memorial Hospital. Call **(919) 966-1316** to find out whether you should be screened and to get more information.



Details of each of these treatments are available on the UNC Health Care website.

Robot-Assisted Surgery

Today’s surgery for prostate cancer delivers a very high cure and success rate, aided by innovations in robotic techniques that significantly improve surgical precision and reduce recovery time.

“Robotics allow surgeons to utilize magnification, scaled movements and a computer-assisted interface to achieve the highest standards of surgical intervention in a precise and less-invasive manner,” says Dr. Pruthi. “Because robotics improve clinical outcomes while minimizing side effects and pain, we rely on it for virtually all of our prostate cancer surgeries.

“We’re constantly exploring new surgical technologies and treatments,” says Dr. Pruthi, “to deliver a positive outcome for each patient.”

The Latest in Medical Treatment

Medical oncologists specialize in the use of hormone therapy and chemotherapy in the treatment and management of prostate cancer.

“As a leading academic medical center, we are familiar with and have access to all the latest treatments in medical oncology, which include significant new hormonal therapies and chemotherapy medications, and a new cancer vaccine,” says Dr. Whang.

Over the last several years, he notes, the FDA has approved several new drugs for the treatment of advanced prostate cancer. In addition, the FDA recently approved a new vaccine, Provenge, which stimulates the immune system to destroy cancer cells. UNC Lineberger is one of only a few health care organizations in the nation where Provenge is available.

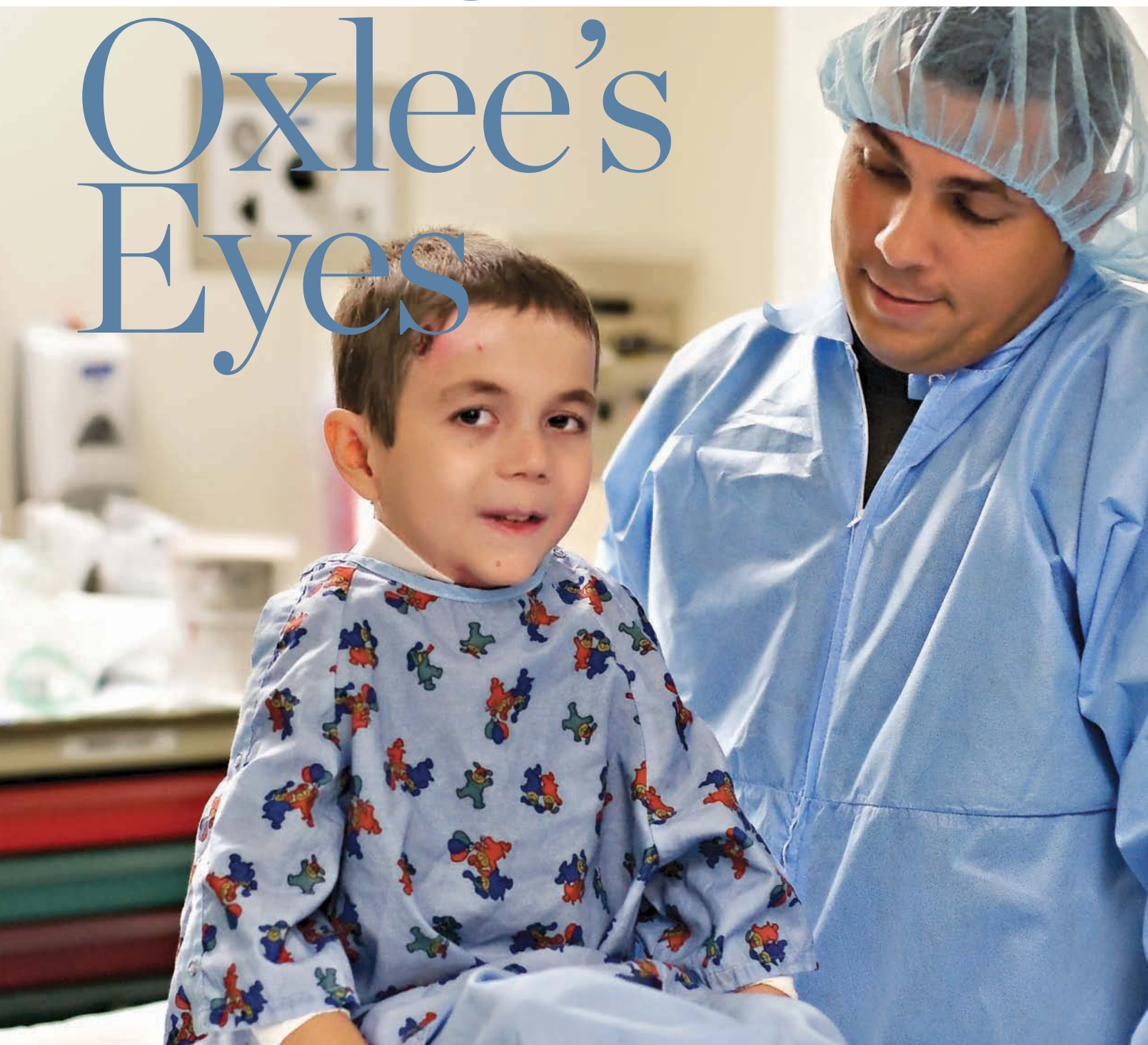
“UNC is truly unique in its approach to and treatment of prostate cancer and other urologic cancers,” Dr. Whang says. “Every aspect of our medical experience, skills, resources and advancements are collectively focused on every patient from the outset. It’s what really defines comprehensive cancer care.” ■

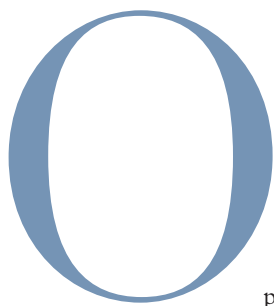
Surgery Through

This 9-year-old—and pediatric patients like him—get special treatment at UNC Health Care.

BY SARAH JOHNSON

Oxlee's Eyes





O**XLEE RODRIGUEZ** has a love/hate relationship with cheese pizza. Like most other fourth-grade boys, Oxlee opens his big brown eyes as wide as pepperonis at the sight of a slice of the cheesy junk food. What's not so typical about Oxlee is that for him, a simple slice of pizza can cause a blister to form on his esophagus, making it difficult to swallow. Oxlee has a condition that he and his family refer to as EB, or epidermolysis bullosa. EB is a disorder that causes blisters to form on the skin or other surfaces with even the slightest irritation, such as eating a slice of pizza. Oxlee's condition brings him to the pediatric operating room at UNC Hospitals every few months, when the scar tissue that develops over time in his throat makes it difficult to swallow.

Although it doesn't get any easier, his mom, Cynthia Rodriguez, is used to the stares Oxlee receives when those in public first see him wrapped in bandages. But when the family started coming to UNC Health Care, something felt different.

"He always feels like he's on exhibit," says Cynthia. "So very early on, he got an idea that he didn't like white coats and doctors. At UNC, they don't look at him like he's different. That makes a difference to him walking through the door."

Changes for the Better

William Adamson, MD, who has been treating the 9-year-old since shortly after he first visited UNC Health Care at age 2, is by title the chief of pediatric surgery and surgeon-in-chief of N.C. Children's Hospital. But above all, Dr. Adamson is a passionate advocate for top-quality pediatric care.

Recently, Dr. Adamson and his team in the second-floor pediatric surgery unit have undergone some changes that have given them an opportunity to restructure and redefine their mission. They now operate in six newly converted surgical suites that were formerly shared with the Women's Hospital, allowing the physicians and staff to focus solely on their pediatric patients instead of having to shift focus back and forth between adult patients and children.

Dr. Adamson and the other four general pediatric surgeons at UNC Health Care perform a range of procedures in these six operating rooms, from routine appendectomies to treating the most complex neonatal anomalies. The team that works here, including the nurses, anesthesiologists and surgeons, is fully trained and dedicated to children's care. As part of this recent shift, Dr. Adamson also encouraged the team to apply for funding that would provide a more kid-friendly atmosphere in the unit. As a result of the grant, brightly colored murals have been painted at the entrance to the floor, the hallways, even the walls and ceilings in the operating



PHOTOS: HEATHER LAUFFER FOR TAMARA LACKEY PHOTOGRAPHY

What Is Epidermolysis Bullosa?

Epidermolysis bullosa, or EB, is a group of inherited disorders in which skin blisters develop in response to minor injury. Symptoms can include:

- Hair loss
- Blisters around the eyes and nose
- Blisters in or around the mouth and throat, causing feeding problems or difficulty swallowing
- Blisters on the skin as a result of minor injury or temperature change
- Blistering that is present at birth
- Dental problems such as tooth decay
- Hoarse cry, cough or other breathing problems
- Tiny white bumps or pimples
- Nail loss or deformed nails

Surgical treatment options can include:

- Aggressive, attentive care of chronic skin wounds
- Dilation of the esophagus if there is a narrowing
- Repair of hand deformities
- Removal of squamous cell carcinoma

Sources: National Center for Biotechnology Information, A.D.A.M.

rooms. The ultimate goal is to reduce some of the anxieties often associated with surgery for young patients.

Putting Concerns to Rest

"For a child, it's all about the fear of leaving your parents or the fear that somebody is going to do something to you that hurts," Dr. Adamson says. "I would prefer to have a child roll down the hall distracted by a giraffe or orangutan rather than focusing on his fear of leaving his parents. If we can distract him for just 20 or 30 seconds, then he will be smoothly off to sleep in the OR." >

UNC Pediatric Surgery Facts



PHOTOS: HEATHER LAUFFER FOR TAMARA LACKEY PHOTOGRAPHY

None of the services in the pediatric surgery unit is new, but the enhanced environment cultivates the already child-focused philosophy there. It's common to see kids ride in a red wagon to the operating room instead of on a gurney, and the "kiss and go" lane—the last stop for parents to say goodbye to their children before surgery—is now painted with animal scenes in bright colors. "Most places don't take the time to stop and realize the patient is just a child; I think that's a big focus of what we do," says Dr. Adamson. "We're all working together to have a specialized, kid-focused approach."

UNC Health Care is a place where Oxlee feels safe and comfortable. A typical surgery day for him starts with a three-hour drive from his family's home near Camp Lejeune Marine Corps Base to Chapel Hill. When he arrives at the unit, he puts on his jammies, walks back to the operating room with his dad, who helps with his mask, and when he wakes, he's in a different room—all within the span of about 40 minutes. As Oxlee describes this, it sounds more like a routine trip to the grocery store rather than a 9-year-old having his esophagus dilated.

Allowing Oxlee's dad to accompany him to the operating room for reassurance is just one example of how the staff adjusts based on the individual needs of the child. "I think kids are frequently underestimated," says Dr. Adamson. "Here, we try to let them take control of the potentially frightening parts of surgery as much as we can. We let them hold their own mask, choose which kind of bandage they want, sign their own forms, choose whether to inhale their meds or get a shot."

Relationships Key for Young Patients

"It's very subtle, but it represents a totally different philosophy of trying to focus on the child's and family's anxieties in the operating room," adds Dr. Adamson. "It makes for

A Difficult Job Made Even More Challenging

UNC Health Care's highly specialized anesthesiologists face specific and unique problems when caring for a patient with epidermolysis bullosa (EB). To avoid blisters, both inside and out, the team practices a "no-touch" technique:

- All exposed skin surfaces are protected with Vaseline or other ointment.
- Anesthesiologists breathe for an asleep patient with minimal touching of the patient's face and mouth.
- Breathing tubes can be placed with special straw-like, flexible scopes to position the tube without touching the patient.
- Patients are carefully moved without sliding.
- A blood pressure cuff, heart monitors and IVs are all secured by carefully wrapping and using no adhesive tape of any kind.
- Cleaning solutions are poured, not rubbed, on the skin.
- A care plan is specialized for each patient by working together with the parents to avoid new blisters.

a much better experience." It has become somewhat of a tradition in the pediatric surgery unit to let Oxlee sign his own consent forms. Over the past several years, the staff has saved his medical records. These charts chronicle the evolution of Oxlee's signature, which started as a mark, then a sort of "X," then just "O," and now his full name. "It's a way for Oxlee to take ownership, giving him an element of control in the process that makes it bearable for him," says



Dr. Adamson. Each time Oxlee arrives for surgery, the staff presents him with his signatures as a reminder of just how far he has come.

One of the most familiar faces to Oxlee is his nurse, Christie Grafford, CN III, charge nurse in the pre-care area, has been Oxlee's nurse since he became a UNC Health Care patient. The two have become so intertwined in one another's lives that he recently appeared in full tuxedo as the ring bearer in her wedding. Because Oxlee's condition makes him so sensitive to touch and the inevitable poking and prodding that often accompany a hospital visit, Christie takes extra care to make sure Oxlee does not have any unnecessary contact during routine exams and interactions.

"Forming that relationship has been monumental because he trusts her," says Oxlee's mom. "They talk to him as a kid, not a patient, and he picks up on it. He's getting older, and now he asks to go to UNC. It's not a struggle or a fight, and we feel comfortable handing him over. That's huge because for the rest of his life he's going to have this. For him to feel at peace is good for me."

Oxlee Rodriguez rides to the operating room in a red wagon, not in a gurney. Personalized touches like this help reduce anxieties associated with surgery for young patients.

Peace of Mind

The Rodriguez family has seen a lot of medical providers over the course of Oxlee's treatment, and frequently they find themselves tired from educating and explaining about the extra care Oxlee requires to avoid unnecessary blistering. At UNC Health Care, they have been fortunate to find comfort and peace of mind.

For two weeks after each surgery, Oxlee eats a lot of oatmeal, mashed potatoes and milkshakes, soft foods that are easy on his healing esophagus. The cheese pizza is a reward, and from the look on his face when he dives into a slice, the two-week wait is well worth it. Although his situation is not ideal, the comfort and care he receives at UNC Health Care makes this all something he can live with. ■

Don't Sabotage Your Salad

During the hot summer months, many people turn to lighter food options, such as salads, because they are refreshing but also because they help in people's efforts to be healthy and possibly lose weight. Unfortunately, for some, the numbers on the scale haven't budged all summer. So what's the problem? With the help of Susannah Southern, a registered dietitian at UNC Health Care, we take a look at some of the ways people sabotage their efforts to incorporate healthy salads into their diets.

The Right Amount of Green

The first thing that comes to mind when people think of salads is lettuce, of course. A serving size is about a cup, or the size of a baseball, but let's be honest: When was the last time you ordered a salad at a restaurant and were served a cup-sized amount of lettuce? Even if your salad came in a large bowl and had an entire head of romaine lettuce (and nothing else), you would only be eating about 100 calories and no fat to speak of. So how do all those calories and fat grams end up in your salad bowl? It's all the stuff you sprinkle on top to add flavor.

"There is nothing wrong with someone eating a large portion of nonstarchy vegetables," says Southern, who recommends adding crunchy, colorful vegetables such as peppers, cucumbers, tomato,

celery and carrots. "We usually get full way before we can overeat such low-calorie-density foods. The place to be careful with portions is with the high-calorie toppings. If you add cheese, candied walnuts, dried cranberries, bacon and croutons to your salad, you've added significant calories before you even added any salad dressing."

Dress for Success

Salad dressing is possibly the biggest culprit when it comes to unhealthy salad ingredients. If you prepare a salad of a variety of nonstarchy vegetables with a small portion of lean protein, such as grilled chicken, you could still have a very reasonable calorie count. If you choose the wrong dressing or add more than you should, however, you could easily double the amount of calories to an otherwise healthy salad. Very quickly, you could be looking at a plate with close to 800 calories or more, which is almost half of what an average woman needs in an entire day.

Southern offers a few tips to enjoy healthy salads.

- Select only a few high-calorie toppings and add small amounts to your salad.

Calorie Counter

An average serving of dressing is 1–2 tablespoons. One serving of blue cheese dressing has almost 200 calories and 20 grams of fat.



- Try shaking salad in a container with a lid to get dressing on every bite without needing as much dressing.

- Add colorful ingredients to increase appeal and nutrition.

- Ask for high-calorie toppings to be served on the side at restaurants to control how much you use.

- Use ingredients with strong flavors so that you don't have to add as much to get good taste.

"For a salad that will serve as a meal, you should start with a large amount of nonstarchy vegetables," advises Southern. "Next, add protein such as fish, chicken or egg, and some carbohydrates from fruit, corn, peas, beans or whole grains. Finally, select a heart-healthy fat such as olive oil- or canola oil-based dressing."

Build a Healthy, Tasty Salad

Starting with a serving of romaine lettuce or other leafy greens (20 calories per cup), use the chart below to build a tasty salad with appropriate portion sizes without overloading on calories. Susannah Southern, a registered dietitian at UNC Health Care, advises that for most people, 500–700 calories per meal is appropriate.

Ingredient	Serving Size	Calories
Feta cheese	2 Tbsp.	50
Sunflower seeds	2 Tbsp.	100
Bacon	1 slice	40
Croutons	9 small	35
Avocado	¼	90
Raisins	2 Tbsp.	85
Egg	1 large	75
Cottage cheese, low-fat	½ c.	90
Chow mein noodles	2 Tbsp.	32
Corn or beans	½ c.	80–100

“The place to be careful with portions is with the high-calorie toppings.”

—Susannah Southern, RD,
UNC Health Care

More Great Recipes Like This

For more information about healthy eating and recipes, visit our online health library at www.unchealthcare.org, then click “health information.”



Citrusy Couscous with Olives

Couscous is a traditional North African dish that is usually served under a meat stew. Although it looks like a grain, it is actually a type of pasta typically made from semolina wheat. UNC Health Care Executive Chef Shawn Dolan shares this recipe for a light, summer couscous salad.

Ingredients

1½ c. couscous
¼ c. orange juice concentrate
2 Tbsp. olive oil
1 Tbsp. Dijon mustard
1 Tbsp. thyme, fresh, chopped
1 tsp. orange zest
½ tsp. salt, kosher or sea
1 c. parsley, Italian, chopped
½ c. scallion, chopped
¼ c. kalamata or black olives
1 navel orange, sectioned and diced
1 Tbsp. lemon juice, fresh
Black pepper (to taste)

Directions

1. In a large bowl, stir together couscous, orange juice concentrate, oil, mustard, thyme, orange zest and salt.
2. Stir in 2 cups boiling water, cover and set aside until liquid has been absorbed (about 5 minutes).



3. Fluff the couscous with a fork, then add parsley, scallions, olives, oranges and lemon juice and toss to blend. Season with salt and pepper to taste. Makes about 6 servings.

Nutritional Information (per serving)

Serving size: 1 cup. 250 calories, 7 g protein, 6 g fat, 43 g carbohydrates, 269 mg sodium, 0 mg cholesterol.

Try It! Then Tell Us



Visit our Facebook page and tell us about your experience making this recipe at home: www.facebook.com/unchealthcare.

CALENDAR

Health events, classes
and support groups
from UNC Health Care

Community Classes

Advanced registration is required for all classes, meetings and tours. FREE classes, Medicaid, UNC student and employee discounts are available (please contact the center for details). For more information or to register for a class, please visit our website at www.nchealthywoman.org or call (919) 843-8463.

Prepared Childbirth, also en Español (Clases de Parto)

Learn how to increase your confidence in your ability to give birth and learn various coping strategies and labor techniques. Each class focuses on how mother and partner can work together to have a healthy and positive birthing experience.

Prepared Childbirth: A Refresher

Designed for parents who have one child or more, this class will serve as a review of the current recommendations and trends.

Mentoring Other Mothers (MOM) Networking Group

Share your concerns, joys, tips and experiences during these weekly sessions with other new mothers in a relaxed setting, while gaining insight from an experienced mom and a trained facilitator. Free if you attended a UNC Prepared Childbirth course.

Prenatal Yoga

We offer three- and five-week sessions as a great way for an expectant mom to optimize her health and comfort during pregnancy.

CPR for Family and Friends, also en Español

A fantastic class that teaches the latest CPR techniques for infants, children and adults and provides information about injury prevention.

Boot Camp for New Dads

One of our most popular classes—just for men! Our new dads-to-be meet with “veteran” dads and their newborns to learn tips, strategies and advice on changing diapers, soothing crying babies, handling finances, taking care of Mom and more.

Breastfeeding

Pam Freedman of the La Leche League teaches this essential lactation class that acquaints couples with the basics and techniques of breastfeeding.

4th Trimester: Life with a Newborn

To be fully prepared those first few months of motherhood, moms-to-be learn some of the basic skills needed to care for a newborn, such as sleep management, crying and soothing techniques, dealing with illness and adjusting to life with a newborn.

Baby in the Dog's House

Barbara Long, CPDT (certified pet dog trainer), will reveal the secrets to preparing the family dog for the arrival of a new baby.

Photographing Your Baby

Dilip Barman, Triangle photographer and instructor, unveils easy-to-use techniques for capturing vibrant photos of your baby.

Sign Language for Budding Babies

Certified ASLA (American Sign Language Association) instructor Jessica Kelly will help you learn how to enrich your child's speech and language, boost vocabulary, increase self-confidence, and stimulate intelligence through the use of American Sign Language.

Choosing & Using Child Care

Representatives from our local child-care services department will talk briefly on how to recognize and find quality child care in your community for infants, toddlers and school-age children.

Maternity & Sibling Tours, also en Español

Tours of our Labor and Delivery and Maternity Care centers are designed to answer your questions concerning the logistics of having your baby at UNC Hospitals. Sibling tours are designed for families with children ages 3 to 8.

Wellness Center Classes

To register for Wellness Center classes, stop by the registration desk at the Wellness Center. For more information, call (919) 966-5500 or visit www.uncwellness.com.

The Weigh to Wellness

This 12-week weight-loss program integrates nutrition education with exercise.

Preregistration is required.

Thursdays, Aug. 25–Nov. 10, 6:30–8:30 p.m., or Mondays, Aug. 22–Nov. 14, 12:30–2:30 p.m. \$400 for members, \$600 for nonmembers

Weight Loss and the Current Research

Susannah Southern, RD, will cover new topics in weight-loss research that explore the role of hormones, genetics, epigenetics, environment, viruses, gut bacteria and sleep. **Tuesday, Sept. 13, 6:30–8 p.m.**

Gaining a Seat at the Table

In this program designed especially for women, Colleen Slaughter will explain how to become more aware of ways you stand in your own way. Learn what achieving your professional goals requires, and master the practices for expanding and deepening your visibility at work. **Monday, Sept. 19, 6:30–8 p.m.**

Jump-Start College Planning

This program helps middle school and early high school students and their parents begin the process of college admissions planning. Led by Rhonda Manns, former guidance counselor and health educator. **Wednesday, Sept. 21, 6:30–8 p.m.**

Overview of Gynecological Cancers

With the cancer education that is readily available today, one can become quickly overwhelmed with it all. Wesley



NEW! Refresher Childbirth Class

A birth class designed for parents who have already had a child to review the current recommendations and trends. **\$40 per couple**



Ask the Dietitian: Dairy Alternatives

For those interested in understanding the available options of dairy alternatives, Liz Watt, RD, will have information as well as a sampling of the different options for you to try.

Monday, Sept. 12, 9:30–10:30 a.m., or Wednesday, Sept. 21, 5–6 p.m.

Fowler Jr., MD, will provide a simple and concise overview of all gynecological cancers. **Wednesday, Sept. 28, 6:30–8 p.m.**

Cancer Awareness and Nutrition

Learn about some common cancers and how to nutritionally take a preventive measure to avoid them. Presented by Andrea Manley, RD, LDN, CSO. **Monday, Oct. 3, 6:30–8 p.m.**

Colorectal Cancer: How You Can Prevent This Potentially Fatal Disease

Sidney Levinson, MD, will review the basics about colorectal cancer, including prevention, screening with colonoscopy, and recent techniques for finding and removing precancerous polyps. **Monday, Oct. 10, 6:30–8 p.m.**

In Good Season Chef Series

The Black Hats chefs from UNC Hospitals will feature healthy and hearty fall soups with farmers market veggies. **Tuesday, Oct. 11, 6–8 p.m.**

Mind, Body and Motherhood

From conception to the first months of motherhood, a woman's brain undergoes multiple changes to accommodate the demands of pregnancy and parenting. Join Alison Stuebe, MD, as she shares the latest research on how brain biology affects the transition to motherhood. **Wednesday, Oct. 12, 6:30–8 p.m.**

A Prescription for Wellness: Health Behavior Practices That Improve Breast Cancer Outcomes

Carolyn I. Sartor, MD, will discuss the role of exercise, stress reduction and diet in the post-treatment care of breast cancer survivors. **Tuesday, Oct. 18, 12:30–2 p.m.**

7th Annual UNC Wellness Center Health & Wellness Expo

Join the UNC Wellness Center for the 7th Annual Health & Wellness Expo and get the knowledge and resources you need to keep your family fit and healthy. This is a FREE event open to the community. **Saturday, Oct. 22, 9 a.m.–noon**

Comprehensive Cancer Support Program

These integrative medicine services and classes are held in Chapel Hill at Carolina Pointe II, 6011 Farrington Road, or at the N.C. Cancer Hospital's Patient and Family Resource Center. For more information and to register, call (919) 966-3494.

Yoga

A welcoming class for people who are new to yoga or who want to increase their flexibility, strength and stamina. Whether you are in treatment, a caregiver or a cancer survivor, join us for an exploration of poses

and breathing practices for stretching, strengthening and revitalizing the body while bringing calm to the mind and heart. Instructors: Doreen Stein-Seroussi and Lynne Jaffe. **Mondays and Thursdays, 11 a.m.–12:30 p.m.**

Massage for Cancer Patients and Family

A professional massage therapist with specialized training works with people confronting cancer. Call to schedule an appointment.

Lymphedema Precautions and Prevention

This class is designed for patients at risk for lymphedema following cancer surgery involving lymph node dissection. **Monthly on the first Wednesday, 1–2 p.m.**

Look Good, Feel Better

Teaches beauty techniques to female cancer patients in active treatment to help them combat the appearance-related effects of cancer treatment. Registration required. Call Pam Baker at (919) 843-0680. **Monthly on the third Monday, 10 a.m.–noon**

Relaxation Room, Spa Pod

A warm, soothing bed that gently loosens tension enhances your ability to deal with stress and tension. Call Pam Baker at (919) 843-0680.

Weight-Loss Surgery Listening Sessions

Tuesdays, 11:15 a.m.

Women's Health Information Center

Please join us for an information session to learn how weight-loss surgeries can help you or someone you care about. Tara Zychowicz, FNP, of UNC Health Care's Bariatric team provides details on the options for weight-loss surgery and on the benefits of UNC's personalized approach. For more information, call (919) 966-8436.

Support Groups

Support groups assist patients and family members dealing with a variety of diseases and disorders. For information on where and when the groups meet, contact the person listed below.

Bariatric Surgery

Tara Zychowicz, FNP
tarazych@med.unc.edu

Caregivers of Cancer Patients

Liz Sherwood
(919) 966-3494

Getting Your Bearings

Cornucopia Cancer Support Center
(919) 401-9333

Grief

UNC Hospice Office, Pittsboro
Ann Ritter
(919) 542-5545

Grief Recovery Group

UNC Hospitals Bereavement Support Services
Heidi Gessner
(919) 966-0716

Infertility—RESOLVE Support Group

Terry Pell
(919) 631-3697

Living with Metastatic/Advanced Cancer

(919) 401-9333

Prostate Support & Education Group

(919) 965-4025

Sanford Center (cancer)

Enrichment Center, Sanford
(919) 776-0501

Sarcoidosis

(919) 966-2531

Stroke

Stephanie McAdams
(919) 966-9493

Support for People with Oral, Head and Neck Cancer (SPOHNC)

(919) 401-9333

Triangle Bladder Cancer Support Group

6011 Farrington Road
Liz Sherwood
(919) 843-5069

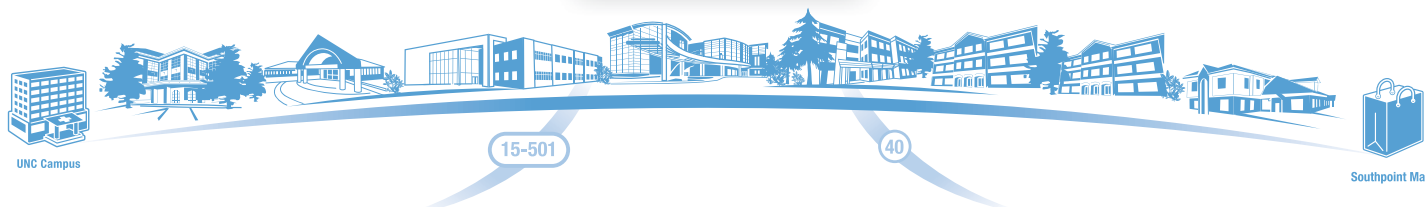
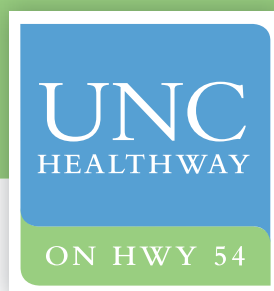
UNC Neurology Sleep Support Group

Jeanette Wedsworth
(919) 966-5500

UNC Nicotine Dependence Program

(919) 843-1521

The road to recovery just got more convenient.



Announcing the UNC Healthway. This is health care the UNC way, with many of our outpatient clinics conveniently located along Highway 54 in Chapel Hill. Just minutes from I-40, the UNC Healthway features state-of-the-art facilities with parking only steps away from your clinic's front door. The world-class expertise of UNC Health Care has never been more convenient. The UNC Healthway is one more example of our commitment to making the highest quality medical care more accessible to you.

Find out about clinics and services available at unchealthway.org

One number connects you to all UNC services – UNC HealthLink at (919) 966-7890



UNC
HEALTH CARE